



NEWSLETTER

THE HEATHERS SENIOR HOMES - NEWSLETTER - APRIL 2026



Letter from Jennifer

Dear residents and families,

April is here, and with it comes the beauty of spring, time together, and special moments to celebrate!

We are excited to host our upcoming Family Event at our Lake in the Hills home on Friday, April 3rd from 11:00 AM – 1:00 PM. We look forward to spending this time together with you and your loved ones.

Please RSVP to Kathy Biron at 224-600-8431.

We are also delighted to share that we welcomed Alice to our Ringwood home this past month. We hope she feels right at home and surrounded by warmth and care.

Additionally, we welcomed Jim to our Lake in the Hills home. We are so happy to have him join The Heathers family and look forward to getting to know him.

This month, we also celebrated birthdays for Beverly, Cathy K., and Marianne! We wish each of them a wonderful year ahead filled with joy and good health.

As we enter this season of renewal, we wish you and your families a very Happy Easter. Thank you, as always, for being such an important part of The Heathers family.

Warm regards,
Jennifer Bohyer
Executive Director
The Heathers Senior Homes

NEW RESIDENTS



Alice

In March, we warmly welcomed Jim to our Lake in the Hills home and we welcomed Alice to our Ringwood home this past month.



Jim

For our Resident Spotlight at The Heather's this month we cast a line to learn more about Alice Johnson. Read more story on website to find out about Alice's whose life has been filled with family, faith, and dedication.



Beverly



Cathy K.



Marianne

This month, we also celebrated birthdays for Beverly, Cathy K., and Marianne!

The Heathers
SENIOR HOMES

April
Resident-Directed Engagement Calendar

	Morning 9:30-11:30	Afternoon 1:30-3:30	Evening 5:30-7:00
Monday	Coffee & Conversation Music & Movement	Bingo / Group Games Outdoor Time	Movie Night Quiet Time
Tuesday	Reminiscing & Current Events Puzzles & Games	Crafts & Baking	Music & Sing-Along
Wednesday	Chair Exercises Resident Choice	Cards & Sensory Activities	Relaxation & TV Time
Thursday	Coffee & Conversation Music Moments	Bingo & Outdoor Walks	Netflix & Popcorn
Friday	Reminiscing Puzzles	Crafts & Baking	Games & Trivia Night
Saturday	Music & Movement Resident Choice	Crafts & Baking	Wind Down & Relaxation
Sunday	Coffee & Spiritual Time	Light Activities Sensory Time	Wind Down & Relaxation

Daily Engagement

- Personalized Activities
- Walks & Mobility Support
- Sensory & Comfort Activities
- Resident Choice Throughout the Day

Our activities are flexible and based on resident preferences, abilities, and moods. Participation is always encouraged, but voluntary.

Minor abnormalities, so-called amyloid plaques, and tau tangles that form in the brain and are found in specific locations throughout are two distinguishing hallmarks of Alzheimer's Disease Dementia. Advanced testing, such as PET scans, MRI, DNA, and spinal fluid analysis, can shed invaluable light on the probability of Alzheimer's.

After obtaining his medical degree, he worked in hospitals in Frankfurt, where he met Auguste Deter, a 51-year-old woman suffering from progressive short-term memory loss. He was eventually able to isolate the pathological causes of severe Dementia, work so extensive that the condition became known as Alzheimer's disease.

FOR MORE INFO CHECK OUR WEBSITE BLOG POST



Resident Recipe of the Month

Banana Bread Recipe

Preheat oven to 325°

Lightly grease 9 x 5 loaf pan

TOPPING

- 2 c. Flour
- 1 tsp. Baking Soda
- 3/4 tsp. Salt
- 3/4 c. Butter
- 1-1/2 c. Sugar
- 1-1/2 c. Mashed Banana (About 3 medium)
- 2 eggs well beaten
- 1 tsp. vanilla
- 1/2 c. Buttermilk
- 3/4 c. Walnuts (optional)



Directions

Mix flour, baking soda and salt in a large bowl. Set aside.

Cream butter & sugar. Add mashed bananas, eggs and vanilla. Mix until well blended.

Stir banana mixture into flour mixture until just combined. Add buttermilk and walnuts. Stir to combine.

Pour batter into prepared loaf pan. Bake in preheated oven until a toothpick inserted into the center comes out clean, about 90 minutes.

MARCH FUN TIME PICTURE RECAP

